## **Internal Cooking Temperatures**

Product	°F		
Egg & Egg Dishes			
Eggs	Cook until yolk & white are firm.		
Egg dishes	160		
Egg sauces, custards	160		
Ground Meat & Meat Mixtures			
Turkey, Chicken	165		
Beef, Veal, Lamb, Pork	160		
Fresh Beef, Veal, Lamb			
Medium Rare	145		
Medium	160		
Well Done	170		
Fresh Pork			
Medium	160		
Well Done	170		
Ham			
Fresh (raw)	160		
Fully cooked (to reheat)	140		
Roast Beef			
Cooked commercially, vacuum sealed, and ready-to-eat	140		

Product	°F	WHEN TEMPER IS RIG	
Poultry*		a Sa LISTED	
All products	165		
Stuffing		n Service, US	
Cooked alone or in bird	165	and Inspection	
Sauces, Soups, Gravies, Marinade	es	Food Safet	
Used with raw meat, poultry, or fish	Bring to	o a boil.	
Seafood	145		
Fin Fish	Cook until opaque and flakes easily with a fork.		
Shrimp, lobster, crab	Should turn red and flesh should become pearly opaque.		
Scallops	Should turn milky white or opaque and firm.		
Clams, mussels, oysters	Cook u	Cook until shells open.	
Leftovers	165		

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Note: These temperatures are recommended for consumer cooking. They are not intended for processing, institutional, or foodservice preparation. Foodservice workers should consult their state or local food code, or health department.

<sup>\*</sup>safe minimum internal temperature